



W. 505 St. Thomas More Way  
Spokane, WA 99208

# FAMILY-TO-FAMILY

# NEWSLETTER

GARDENING COURSE | COFFEE AND TROUT PRODUCTION | XE'UL ACTIVITY

## Techniques of Gardening

The agricultural and community center at Xe'ul is hosting a gardening course for ten program participants and two on-site workers. The technical instruction for the course is provided through INTECAP, a training institution which began in 1972 as the National Center for Development, Training, and Productivity in Guatemala. Family-to-Family contracts with INTECAP, paying approximately \$200 for a ten-session course. Family-to-Family provides the materials for the course and program participants while INTECAP provides professional instruction.

There is excitement surrounding this course as participants learn to cultivate gardens, graft and prune plants, and make organic fertilizer. Coffee bean skins, chicken and pig manure, and other organic wastes from Family-to-Family programs are included in the compost. The rich result not only fortifies gardens within Family-to-Family, but organic fertilizer sales are a source of income and help improve nutrition for others in the community.

Given that Guatemala suffers from chronic malnutrition that stunts 47% of all children under five years old and 58% of indigenous children, having the knowledge and the resources to grow food at home for consumption and sale can be life-changing. Family-to-Family fights food insecurity, reaching families in extreme poverty to connect them with opportunity.



## Coffee Production

Family-to-Family program participants successfully harvested 7500 pounds of coffee at the Chirijuwikiej location. Approximately 6600 pounds of raw coffee beans have been sold at \$0.56 per pound, 440 pounds have been distributed to families, and 440 pounds have been stored.



## Trout Production

The fish tanks described in our 2021 First Quarter newsletter are proving to be a tremendous success. Trout weighing half a pound have been selling for about \$2.50 each. The sale of more than 1900 pounds of trout has resulted in \$9900 in revenue. Additionally, 585 pounds of trout have been distributed to families in the program. To help meet the demand, 6000 new fingerlings have been added to the tanks at Xe'ul.



## More Activity in Xe'ul

Inviting canopies have been added to the community center at Xe'ul. Friends and families can now gather under the refreshing shades to picnic, visit, or relax.

The outdoor recreational park continues to attract many visitors, providing a healthy gathering space during the pandemic, opportunities for exercise, and income for Family-to-Family. There is an entrance fee to use the park and visits have resulted in increased sales of Family-to-Family products including the trout grown on site.



## About Family-to-Family

Family-to-Family was founded in 1985 as an economic development program in the Guatemalan Highlands. Its primary mission is to provide income-producing skills training and resources to families and communities working to rise from poverty and become self-sufficient. For further information about the Family-to-Family program or to view our newsletters in color, please visit our website [www.familytofamilyguatemala.com](http://www.familytofamilyguatemala.com). You may also contact us by email at [ftfguatemala@gmail.com](mailto:ftfguatemala@gmail.com) or by phone at (509) 593-8204. This newsletter was written by local director Julianne Connell Sachs.